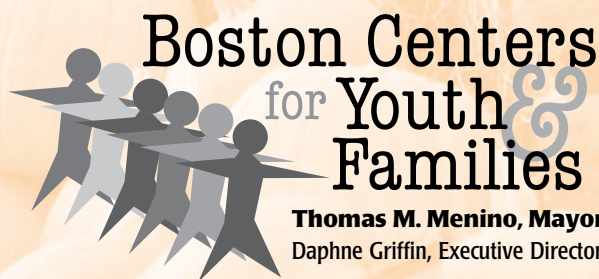


West Roxbury Community Centers

Fall/Winter 2010-2011



Boston Centers
for Youth & Families

Thomas M. Menino, Mayor
Daphne Griffin, Executive Director

Who We Are

The West Roxbury Community Centers, comprised of the Roche Family Community Center and the Draper Pool, is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council, and in partnership with the Boston Centers for Youth & Families, the Centers' continued mission is to reach all residents of its community and provide quality educational, recreational and social programs.

In January 2006, the West Roxbury Community Centers and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

Fall/Winter Schedule Highlights

September 4	Registration for City of Boston residents <u>only</u> 9:00am-12:00pm at back entrance
September 8	Registration begins for non-residents @ 9am
September 13	Session I begins
September 13	Small Wonders 4 year olds
September 14	Small Wonders 3 year olds
October 2	WRCC Family Fest Fundraiser at Roche Center
Sept 25 & Oct 16	Girls House League Tryouts
October 9 & 23	Boys House League Tryouts
November 1	Session II begins
November 17	Thanksgiving Lunch for Seniors
December 1	Wreath Making Social
December 15	Holiday Lunch for Seniors

West Roxbury Community Center Council Members

Paul Kilgariff	Ann Marie Russell
Colleen Fahy	Michael Lynch, Treasurer
Kathy Gallant, President	James McDonough
Liz Wosny	David O'Donnell
Kelly Harrington	Carla Roddy, Secretary
Jay Walsh	KC O'Leary
Lis Sparrow	

Membership at WRCC

How to become a Member

To become a member of the West Roxbury Community Centers, simply come to either location and pay the annual membership fee, membership is renewable each September. Payment by check or money order only.

Membership Privileges

This brochure details programs offered for the 2010 Fall/Winter sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior	\$10	\$20
Student (High School)	\$5	\$10

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Fall/Winter 2010 programs begins on Saturday, September 4th at 9 am for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, September 8th at 9am. **One registration per family/member on September 4th.** Unless otherwise stated in the program description, WRCC membership is required. Please call (617)635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in the Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. **Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.**

Registration Policy

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition for the program.

Roche Family Community Center

A George Robert White Trust Facility

1716 Centre Street • (617) 635-5066

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

Hours of Operation

Monday- Friday 8:00am – 9:00pm

Saturday 9:00am – 5:00pm

Draper Pool

5279 Washington Street • (617) 635-5021

Parking available on street.

Hours of Operation

Monday-Friday 6:00am – 8:00pm

For more information on classes and daily schedule call (617)635-5021.

Jim Roche Community Ice Arena

1275 VFW Parkway • (617) 323-9512

Parking available in lot next to the arena.

Additional Information available at www.fmcicesports.com

Public Skating

Monday – Friday @ 12noon – 1:50pm

Friday evenings @ 8:00pm – 9:50pm with DJ

Saturday afternoons @ 2:00pm – 3:50pm

Sunday afternoons @ 2:00pm – 3:50pm

Senior Skate

Wednesdays @ 11:00am – 11:50am

Free admission for seniors ages 65 & up

\$5.00 admission – all ages / \$4.00 rental skates

Schedules available at arena, online @ www.fmcicesports.com or call 888-74-SKATE

2010 Holidays

West Roxbury Community Centers will be closed in observance of the following holidays:

Labor Day September 6

Columbus Day October 11

Veterans Day November 11

Thanksgiving November 25

Christmas December 24

Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.

Preschool Programs

Toddler Time

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

Session 1 begins the week of September 13, 2010

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00–9:45am
TT2	1	Crawling – 1.5	Wednesday	9:00–9:45am
TT3	1	Crawling – 1.5	Thursday	9:00–9:45am
TT4	1	1.5- 2.5	Tuesday	9:45–10:30am
TT5	1	1.5- 2.5	Wednesday	9:45–10:30am
TT6	1	1.5- 2.5	Thursday	9:45–10:30am
TT7	1	2.5- 3	Tuesday	10:30–11:15am
TT8	1	2.5- 3	Wednesday	10:30–11:15am
TT9	1	2.5- 3	Thursday	10:30–11:15am

Session 2 begins the week of November 1, 2010

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00–9:45am
TT11	2	Crawling – 1.5	Wednesday	9:00–9:45am
TT12	2	Crawling – 1.5	Thursday	9:00–9:45am
TT13	2	1.5- 2.5	Tuesday	9:45–10:30am
TT14	2	1.5- 2.5	Wednesday	9:45–10:30am
TT15	2	1.5- 2.5	Thursday	9:45–10:30am
TT16	2	2.5- 3	Tuesday	10:30–11:15am
TT17	2	2.5- 3	Wednesday	10:30–11:15am
TT18	2	2.5- 3	Thursday	10:30–11:15am

Instructor: Kathy Davis

Sticky Fingers

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as crafts, play dough, sand play, chalk, etc. Come on in and get messy! Due to the popularity of this class, members may only register for 1 class per week. **Limit 12 per class.**

Session 1 begins the week of September 13, 2010

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00–9:45am
SF2	1	18 months – 2.5	Wednesday	9:00–9:45am
SF3	1	18 months – 2.5	Thursday	9:00–9:45am
SF4	1	2.5-3.5	Tuesday	9:45–10:30am
SF5	1	2.5-3.5	Tuesday	10:30–11:15am
SF6	1	2.5-3.5	Wednesday	9:45–10:30am
SF7	1	2.5-3.5	Wednesday	10:30–11:15am
SF8	1	2.5-3.5	Thursday	9:45–10:30am
SF9	1	2.5-3.5	Thursday	10:30–11:15am

Session 2 begins the week of November 1, 2010

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00–9:45am
SF11	2	18 months – 2.5	Wednesday	9:00–9:45am
SF12	2	18 months – 2.5	Thursday	9:00–9:45am
SF13	2	2.5-3.5	Tuesday	9:45–10:30am
SF14	2	2.5-3.5	Tuesday	10:30–11:15am
SF15	2	2.5-3.5	Wednesday	9:45–10:30am
SF16	2	2.5-3.5	Wednesday	10:30–11:15am
SF17	2	2.5-3.5	Thursday	9:45–10:30am
SF18	2	2.5-3.5	Thursday	10:30–11:15am

Instructor: Donna Mattimoe

Sports, Games & More...

Tuition: \$30 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

Session 1 begins the week of September 13, 2010

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:00–9:45am
SG2	1	3	Monday	9:45–10:30pm
SG3	1	3	Wednesday	12:30–1:15pm
SG4	1	4	Wednesday	1:15–2:00pm
SG5	1	4-5	Thursday	12:30–1:15pm
SG6	1	4-5	Thursday	1:15–2:00pm
SG7	1	3	Friday	9:00–9:45am
SG8	1	3	Friday	9:45–10:30am

Session 2 begins the week of November 1, 2010

Code	Session	Age	Day	Time
SG9	2	3	Monday	9:00–9:45am
SG10	2	3	Monday	9:45–10:30am
SG11	2	3	Wednesday	12:30–1:15pm
SG12	2	4	Wednesday	1:15–2:00pm
SG13	2	4-5	Thursday	12:30–1:15pm
SG14	2	4-5	Thursday	1:15–2:00pm
SG15	2	3	Friday	9:00–9:45am
SG16	2	3	Friday	9:45–10:30am

Instructor: Joan Kennedy

Creative Movement and Dance

Tuition: \$30 per seven week session

Preschoolers love to move! This class will include interactive songs & dance, movement games & stories, & basic locomotive skills such as skipping, hopping & galloping. No special attire is necessary. **Participant must be able to separate from parents & follow instructions.**

Session 1 begins the week of September 13, 2010

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	9:00–9:45am
CD2	1	3-5	Monday	9:45–10:00am

Session 2 begins the week of November 1, 2010

Code	Session	Age	Day	Time
CD3	2	3-5	Monday	9:00–9:45am
CD4	2	3-5	Monday	9:45–10:00am

Instructor: Valerie Maio

Story Time & Crafts

Tuition: \$30 per seven week session

This language based program will assist 4 year olds with the following skills: listening skills, sequencing, and self-expression. A simple craft will be made which ties into the story theme. **Limit 10 per class.**

Session 1 begins the week of September 13, 2010

Code	Session	Age	Day	Time
STC1	1	4	Wednesday	1:00–1:45pm
STC2	1	4	Thursday	1:00–1:45pm

Session 2 begins the week of November 1, 2010

Code	Session	Age	Day	Time
STC3	2	4	Wednesday	1:00–1:45pm
STC4	2	4	Thursday	1:00–1:45pm

Instructor: Kathy Davis

Baby Signs-“Sign, Say & Play”

Tuition: \$30 per six week session

Introduces play activities that reinforce important language, cognitive and social-emotional skills. Teaches signing through fun games with BeeBo™ the Baby Signs® Bear.

Session 1 begins September 18, 2010

Code	Session	Ages	Day	Time
BS1	1	6 m - 2 yr	Saturday	10–10:45am

Session 2 begins November 6, 2010

Code	Session	Ages	Day	Time
BS2	2	6 m - 2 yr	Saturday	10–10:45am

Instructor: Suzanne N. Court

Baby Signs-“Rumble Tumble Tummy Time”

Tuition: \$30 per six week session

Come learn how to make tummy time fun for your baby through engaging songs and activities in a play class setting. At the same time, On the Grow Educator will provide valuable strategies to help you make the most of this important stage of development.

Session 1 begins September 18, 2010

Code	Session	Ages	Day	Time
BS3	1	6 m - 2 yr	Saturday	10:45–11:30am

Session 2 begins November 6, 2010

Code	Session	Ages	Day	Time
BS4	2	6 m - 2 yr	Saturday	10:45–11:30am

Instructor: Suzanne N. Cort

Youth Programs

Pee Wee Basketball

Tuition: \$25 per seven week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
PWB1	1	5-6	Tuesday	4:00–4:45pm
PWB2	1	7-8	Tuesday	4:45–5:30pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
PWB3	2	5-6	Tuesday	4:00–4:45pm
PWB4	2	7-8	Tuesday	4:45–5:30pm

Wide World of Sports

Tuition: \$25 per seven week session

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

Session 1 begins September 17, 2010

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:00–3:45pm
WW2	1	6-8	Friday	4:00–4:45pm

Session 2 begins November 5, 2010

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:00–3:45pm
WW4	2	6-8	Friday	4:00–4:45pm

Instructional Tennis

Tuition: \$30 per seven week session

Learn the fundamentals and build skills during mini-tennis matches.

Session 1 begins September 15, 2010

Code	Session	Ages	Day	Time
TEN1	1	8-10	Wednesday	4:00–4:45pm
TEN2	1	8-10	Wednesday	4:45–5:30pm

Session 2 begins November 3, 2010

Code	Session	Ages	Day	Time
TEN3	2	8-10	Wednesday	4:00–4:45pm
TEN4	2	8-10	Wednesday	4:45–5:30pm

Instructors: Coach Jesse

Youth Boot Camp

Tuition: \$40 per seven week session

Shape your body and mind! Set personal goals and work hard to achieve them. This co-ed class will help you to learn how to make healthy decisions and incorporate lessons on nutrition, health & wellness. We will introduce hiking, swimming, running, calisthenics, yoga, strength training & more!

Session 1 begins September 16, 2010

Code	Session	Ages	Day	Time
BC1	1	4-8	Thursday	4:00–5:30pm

Session 2 begins November 4, 2010

Code	Session	Ages	Day	Time
BC2	2	4-8	Thursday	4:00–5:30pm

Youth Karate

Tuition: \$40 per seven week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

Session 1 begins September 18, 2010

Code	Session	Ages	Day	Time
YK1	1	4-8	Saturday	9:00-9:45am

Session 2 begins November 6, 2010

Code	Session	Ages	Day	Time
YK2	2	4-8	Saturday	9:00-9:45am

Instructor: Ari Cassarino

Pretzel Kids® Yoga

Tuition: \$60 per seven week session

Pretzel Kids® proven curriculum and amazingly fun yoga program incorporates traditional Hatha yoga postures with imaginative yoga games and relaxation techniques. Children laugh, learn, exercise, breathe and relax.

Session 1 begins September 13, 2010

Code	Session	Ages	Day	Time
PKY1	1	4-8	Monday	5:30-6:30pm

Session 2 begins November 1, 2010

Code	Session	Ages	Day	Time
PKY2	2	4-8	Monday	5:30-6:30pm

Instructor: Becky Ebling, certified Pretzel Kids® instructor

Beginner Guitar Class

Tuition: \$100 per 14 week session

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

14 week session begins Monday, September 13, 2010

Code	Session	Ages	Day	Time
BGC1	1	9-16	Monday	6pm-7pm

Instructor: Brian Campell

Advanced Guitar Class

Tuition: \$100 per 14 week session

Participants are expected to know how to tune and form most open chords before registering for this class. This 14 week session will focus on open chord changes, bar chords, and ear-training. Participants must own working guitar, tuner, picks etc. **Limit 10**

14 week session begins Wednesday, September 15, 2010

Code	Session	Ages	Day	Time
BGC1	1	9-16	Wednesday	6pm-7pm

Instructor: Brian Campell

Pee Wee Drama

Tuition: \$30 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

Session 1 begins September 16, 2010

Code	Session	Ages	Day	Time
PWD1	1	4-6	Thursday	3:30-4:15pm
PWD2	1	4-6	Friday	3:30-4:15pm
PWD3	1	6-8	Friday	4:15-5:00pm

Session 2 begins November 5, 2010

Code	Session	Ages	Day	Time
PWD4	2	4-6	Friday	3:30-4:15pm
PWD5	2	6-8	Friday	4:15-5:00pm

Instructor: Bill Jacob

***New Requirement: Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years**

Act it Out!

Tuition: \$30 per seven week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins September 17, 2010

Code	Session	Ages	Day	Time
AO1	1	9 & up	Friday	5:00–5:45pm

Session 2 begins November 5, 2010

Code	Session	Ages	Day	Time
AO2	2	9 & up	Friday	5:00–5:45pm

Instructor: Bill Jacob

Home Alone Safety

Tuition: \$30

In this Safety Awareness class, children will learn skills to be more confident and safe when home alone after school or when parents are out doing errands. Skills include stranger awareness, first aid, rescue breathing, fire safety, and home emergency situations. **This is a 2 day, 3 hour course.**

Code	Session	Ages	Day	Time
HAS1	1	9–12	Mon. 9/20 & 10/4	5:00–6:30pm

Instructor: Bonnie Houston

Art Projects that are NEW & COOL

Tuition: \$60 per seven week session

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins September 14, 2010

Code	Session	Ages	Day	Time
CRAFT1	1	5–6	Tuesday	3:45–4:30pm
CRAFT2	1	7–12	Tuesday	4:45–5:30pm

Session 2 begins November 2, 2010

Code	Session	Ages	Day	Time
CRAFT3	2	5–6	Tuesday	3:45–4:30pm
CRAFT4	2	7–12	Tuesday	4:45–5:30pm

Instructor: Joanne Clamage

WRCC HOUSE LEAGUE

Boys' & Girls' Basketball Leagues Grades 3-6

Tuition: \$80

Sign up now for the 15th season of WRCC's Boys'/Girls' House League!! This program consists of team concepts and competitive games. Teams will be determined by grade and scrimmage evaluations. Each team will practice once a week and play on the weekend. Attendance at weekly practice is mandatory. Coaches are needed to assist with the league, if you are interested in coaching please contact Jesse at (617)635-5066.

Scrimmage evaluations for the Boys' & Girls' will be held on Saturdays beginning in September at the Roche Center. Players must attend **one** of the Saturdays to be evaluated before he/she will be assigned to a team. **Games will be played on the weekends beginning in November.**

TRYOUT SCHEDULE

Code	Grades	Dates	Day	Time
GHL1	3&4	September 25	Saturday	10:00–12:00pm
"	3&4	October 16	Saturday	1:00–3:00pm
GHL2	5&6	September 25	Saturday	1:00–3:00pm
"	5&6	October 16	Saturday	10:00–12:00pm
BHL1	3&4	October 9	Saturday	10:00–12:00pm
"	3&4	October 23	Saturday	1:00–3:00pm
BHL2	5&6	October 9	Saturday	1:00–3:00pm
"	5&6	October 23	Saturday	10:00–12:00pm

***Players must register for the House League by September 24th in order to be ensured a slot on a team.**

Look on the House League Web Site for more information: www.leaguelineup.com/wrcc

Boys' Teen Basketball League

Tuition: \$80

Sign up now for the WRCC Teen House League! Teens will play at the Roche Center on Friday nights. Coaches are needed to assist with the teams. Pre-registration for the league is required as space is limited to 6 teams. Players must register by September 27th in order to be ensured a slot on a team.

Games will begin in November

Code	Grades	Day	Time
BTL	7-9	Friday	5:00-9:00pm

Coaches Meetings

Coaches are needed for all our leagues. Experience is not required, as the WRCC staff will be working with all practices. If you are interested in coaching let us know when you register your child or contact Jesse for more information at (617) 635-5066. All coaches must complete a CORI and SORI check.

Coaches Meeting Date/Time

Grades	Day	Time
3&4	November 3	6:30pm
5&6	November 3	7:00pm

House League Co-ed Skills Clinic

Tuition: \$25 / 1 seven week session

Come down and work on your skills before the House League begins. This one session clinic will have you prepared for evaluations and ready to play. The clinics will begin on Tuesday, September 14th at the Roche Center.

Code	Session	Grade	Day	Time
SC1	1	3-4	Tuesday	5:30-6:15pm
SC2	1	5-6	Tuesday	6:15-7:00pm

The "TEEN CENTER ON CENTRE" Grades 6- up

WRCC's Teen Center on Centre program is for youth in Grades 6 and up. Our Youth Workers are eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee is our drop-in center with new hours. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact Courtney or Tracy or just drop-in and meet them.

Teen Center Drop In

Mondays	3-6 pm
Tuesdays & Thursdays	2:30-4:30 pm
Fridays	5-8:30pm

This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Come on in with your friends on Mondays for some open gym time from 3-5pm. Get your homework assignments done in our computer lab or simply come down and hang out. **Membership is all you need to take part in this program.**

Mondays Co-ed OPEN GYM 3pm - 5pm Grades 6 - up.

Teen Open Gym Schedule- Tues, Wed, and Thurs. 2 p.m.-4 p.m. Grades 6 - up only.

Cooking Club

Tuition: \$50 per seven week session

New twist on our old favorite! We are now collaborating with several community restaurants. Visiting and learning from the Pros how the magic really happens!!! **Limit 8 per class**

Session 1 begins September 15, 2010

Code	Session	Grades	Day	Time
COOK1	1	6&up	Wednesday	3:00-4:30pm

Session 2 begins November 3, 2010

Code	Session	Grades	Day	Time
COOK2	2	6&up	Wednesday	3:00-4:30pm

Instructors: Courtney Losi & Tracy Fermino

Friday Night Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing courtney.losi@cityofboston.gov or tracy.fermino@cityofboston.gov. We are also available on FACEBOOK. Check out our WRCC Fan Page. Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!!

Must fill out permission slips for all trips.

Special Teen Happenings!!

Boys Night Guitar Hero Tournament

Come to the TCOC to show off some of your talents with a boys only guitar hero night!! Pizza, soda, and prizes awarded to the top three rockers!!!

Code	Grades	Day/Date/Time	Cost
BNT1	6&up	Fri. 9/24/10 5pm	\$5 per person

October Girl's Night

Just for girls-A night of fun with manicures, pedicures, then back to the TCOC for a movie and pizza!!

Code	Trip	Grades	Day/Date/Time	Cost
OGN1	Salon	6&up	Fri. 10/1/10 4pm	\$50

October Haunted House Night

The TCOC gets scary!! Join Courtney and Tracy on a trip to Barretts Haunted Mansion for some spooky times!!

Code	Grades	Day/Date/Time	Cost
OHH1	6&up	Fri. 10/22/10 4:30pm	\$25 per person

December Holiday Shopping Trip

Let's go shopping!! Come along with Courtney and Tracy to the Wrentham Outlets to finish all your holiday shopping! Please bring your own spending money for shopping and lunch, and let's go!!!

Code	Trip	Grades	Day/Date/Time	Cost
SHOP1	Wrentham Outlets	6&up	Sat. 12/4/10 9am	\$5

TCOC Holiday Giving Tree

For our 8th year in a row, we will be setting up our Holiday Giving Tree. The TCOC will sponsor families through "My Brother's Keeper". This non-profit represents less fortunate families in Massachusetts. Look for our trees at the Roche Center in early December. Gifts will be due at the center on or before December 15th.

December Teen Week

Past trips have included sledding at Amesbury Sports Park, skating at United Skates of America, and Bowling at Boston Bowl! What will happen this year?

December 27 – 30 10 am – 3 pm Cost \$80

Adult Programs

Morning Yoga

Tuition: \$40 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

Session 1 begins September 16, 2010

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00–10:00am

Session 2 begins November 4, 2010

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00–10:00am

Instructor: JoAnn Arone

Yoga For Adults

Tuition: \$50 per seven week session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
AY3	1	Adult	Monday	6:30-7:45pm
AY4	1	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

Beginning Yoga for Adults

Tuition: \$50 per seven week session

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45-7:00pm
YBA2	1	Adult	Tuesday	7:15-8:30pm
YBA3	1	Adult	Thursday	7:15-8:30pm
YBA4	1	Adult	Thursday	5:45-7:00pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45-7:00pm
YBA6	2	Adult	Tuesday	7:15-8:30pm
YBA7	2	Adult	Thursday	7:15-8:30pm
YBA8	2	Adult	Thursday	5:45-7:00pm

Instructor: Raven Sadhaka Seltzer

Zumba

Tuition: \$50 per seven week session

Zumba is a high-impact dance fitness class. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Monday	8:00-9:00pm
ZUM2	1	Adult	Thursday	6:00-7:00pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
ZUM3	2	Adult	Wednesday	8:00-9:00pm
ZUM4	2	Adult	Thursday	6:00-7:00pm

Instructor: MaryJane Johnston

Boot Camp for Adults

Tuition: \$35 per seven week session

Looking to get in shape, then look no further. This 7 week Boot Camp will energize and boost your overall fitness goals. Through various exercises and drills you will feel and see results.

Limit 15 per class

Session 1 begins September 18, 2010

Code	Session	Ages	Day	Time
BCA1	1	Adult	Saturday	11:00am-Noon
BCA2	1	Adult	Saturday	Noon-1:00pm

Session 2 begins November 6, 2010

Code	Session	Ages	Day	Time
BCA3	2	Adult	Saturday	11:00am-Noon
BCA4	2	Adult	Saturday	Noon-1:00pm

Instructor: Shaun McNeil

Knitting for Adults

Tuition: \$50 per seven week session

Come learn how to knit and purl for beginners.

Session 1 begins September 14, 2010

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30pm

Session 2 begins November 2, 2010

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30pm

Instructor: Jean Shaw

The "Skinny" on Personal Organization Workshop

Tuition: \$25 per 2-hour session

"Turning your Chaos into Order" Personal Organization Workshop focuses on managing the paper tiger, planning a clothes closet, setting up a simple productive kitchen and disposal of unwanted goods.

October 20, 2010

Code	Session	Ages	Day	Time
ORG1	1	Adult	Wednesday	6:30-8:30pm

Instructor: Jacqui Easterling creator of Hands on Organizing

Saturday Yoga Workshop Series

STRESS-BUSTERS!

Tuition: \$20

Learn practical breathing techniques to calm body and mind; desk & chair yoga stretches and poses. Perfect for anyone who sits, uses a computer and/or drives a great deal.

Saturday, September 25, 2010

Code	Session	Ages	Day	Time
YWS1	1	Adult	Saturday	1:00–3:00pm

YOGA TO THE CORE

Tuition: \$20

Build strong abs to protect your lower back! This will be an invigorating journey of core body work with a nice long relaxation at the end!! Come prepared to sweat! (Not recommended for anyone recovering from injury or surgery, or with chronic back or joint pain.)

Saturday, October 9, 2010

Code	Session	Ages	Day	Time
YWS2	1	Adult	Saturday	1:00–3:00pm

YOGA FOR LOW BACK PAIN

Tuition: \$20

Based on Raven's 30-day program; learn how to heal the lower back through movement and breath. This will be a slow-moving class. We will use chairs and mats. **BRING A PILLOW AND SMALL BLANKET OR TOWEL.**

Saturday, October 23, 2010

Code	Session	Ages	Day	Time
YWS3	1	Adult	Saturday	1:00–3:00pm

CHAKRA YOGA HEALING

Tuition: \$20

Learn how to work with the body's 7 energy centers for deep healing and rejuvenation.

Saturday, November 20, 2010

Code	Session	Ages	Day	Time
YWS4	1	Adult	Saturday	1:00–3:00pm

Instructor for Workshops: Raven Sadhaka Seltzer, MA, RYT-500

Senior Programs

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers.

(Registration not required.)

Every Monday 11:15–12:15pm

Instructor: Nancy DiDuca

Yoga for Seniors

Tuition: \$40 per seven week session 2 days per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues&Thurs	10:15–11:15am
SY2	1	Senior	Tues&Thurs	11:15–12:15pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:15–11:15am
SY4	2	Senior	Tues&Thurs	11:15–12:15pm

Instructor: JoAnn Arone

Yoga for Seniors

Tuition: \$25 per seven week session 1 day per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins September 15, 2010

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2–3pm

Session 2 begins November 3, 2010

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2–3pm

Instructor: JoAnn Arone

Tai Chi for Seniors

Tuition: \$25 per seven week session

Learn ways to maximize your energy, balance, and stability with this gentle form of Tai Chi. Increase circulation and reduce stress. Challenge your brain to build new sensory patterns that promote health.

Session 1 begins September 16, 2010

Code	Session	Ages	Day	Time
TC1	1	Senior	Thursday	12:45–1:45pm

Session 2 begins November 4, 2010

Code	Session	Ages	Day	Time
TC2	2	Senior	Thursday	12:45–1:45pm

Instructor: Kathleen Ahern

Senior Walking Club

Join your friends on Friday afternoons 1 – 2 pm for a walk in our gym. Great for when the weather outside does not cooperate!

Fridays 1 – 2 pm

Men's Pinoche Group

Enjoy a game of pinoche and meet some new friends at our Pinoche group!

Monday-Thursday 11:00am

Bridge Group

Join us for a great game of bridge with new or old friends!

Wednesdays 11:00am

Senior Book Club

Come join us the 3rd Thursday of each month at 11:30 am beginning September 16th, 2010 to discuss our book of the month. Bring your own coffee and snack! Call the front desk at 617-635-5066 for book selection each month.

Connected Living - Senior Computer Training Program

Stay connected to family, friends, and the community via the Internet with the easy-to-learn, secure Connected Living program. It offers seniors an opportunity to use technology in a way that fully immerses them into the community, with features including: one-on-one training, a web-based portal, "brain-healthy" activities, and more. The 7-week session gets you started at only \$15 per person. This program is sponsored by Ethos. For more info, call (617) 522-6700.

Café on Centre

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the Roche Family Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at (617) 522-6700.

Special Wednesday Luncheons*

Tuition: \$5

Lunch will be served at noon. Must register in person at the Roche Center. Space is limited.

- **Thanksgiving Day Luncheon November 17th**
- **Holiday Luncheon December 15th**

***Must be current member of WRCC to register for Special Wednesday Luncheons.**

Foxwoods Trips

Tuition: \$20

Seniors will leave from the Roche Center promptly at 7:45am

Code	Ages	Day/Date	Time
FOX1	Seniors	Monday, 10/4/2010	7:45am–6:00pm
FOX2	Seniors	Monday, 12/6/2010	7:45am–6:00pm

DRAPER POOL FALL PROGRAMS

Preschool Swim Lessons

Tuition: \$30 per seven week session

Introduction to water. Parent child separation required.

Instructor will determine appropriate level for your child.

Parents must wait in lobby during lessons.

6 STUDENTS PER CLASS

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
PSL1	1	3-5	Monday	4:00-4:30pm
PSL2	1	3-5	Wednesday	4:00-4:30pm
PSL3	1	3-5	Tuesday	11-11:30am
PSL4	1	3-5	Tuesday	11:30-12pm
PSL5	1	3-5	Thursday	11-11:30am
PSL6	1	3-5	Thursday	11:30-12pm
PSL7	1	3-5	Friday	4:00-4:30pm
PSL8	1	3-5	Friday	4:30-5:00pm

Parents must wait in lobby during lessons.

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
PSL9	2	3-5	Monday	4:00-4:30pm
PSL10	2	3-5	Wednesday	4:00-4:30pm
PSL11	2	3-5	Tuesday	11-11:30am
PSL12	2	3-5	Tuesday	11:30-12pm
PSL13	2	3-5	Thursday	11-11:30am
PSL14	2	3-5	Thursday	11:30-12pm
PSL15	2	3-5	Friday	4:00-4:30pm
PSL16	2	3-5	Friday	4:30-5:00pm

Beginner/Level 1 Swim Lessons

Tuition: \$30 per seven week session

Recommended for children ages 6 and up/first lesson.

Instructor will determine appropriate level for your child.

Parents must wait in lobby during lessons.

6 STUDENTS PER CLASS

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
BSL1	1	6-8	Monday	4:30-5pm
BSL2	1	6-8	Wednesday	4:30-5pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
BSL3	2	6-8	Monday	4:30-5pm
BSL4	2	6-8	Wednesday	4:30-5pm

Intermediate/Level 2 Swim Lessons

Tuition: \$30 per seven week session

Child must demonstrate the ability to swim from shallow end to deep end without stopping.

Instructor will determine appropriate level for your child.

Parents must wait in lobby during lessons.

6 STUDENTS PER CLASS

Session 1 begins the week of September 13, 2010

Code	Session	Ages	Day	Time
ISL1	1	9&up	Monday	5:00-5:30pm
ISL2	1	9&up	Wednesday	5:00-5:30pm

Session 2 begins the week of November 1, 2010

Code	Session	Ages	Day	Time
ISL3	2	9&up	Monday	5:00-5:30pm
ISL4	2	9&up	Wednesday	5:00-5:30pm

WRCC Swim Team

Tuition: \$75

Developmental swim team with weekly competition in a city wide league. Practice begins in November on Tuesdays and Thursdays 5pm-7pm. Practices and meet attendance is mandatory as this is a competitive swim league. The league meets begin in January 2011 to April 2011.

Tuition fee includes swimsuit, goggles, and a bathing cap.

Code	Session	Ages	Days	Time
ST1	2	6 and up	Tues./Thurs.	4:00-6:00pm

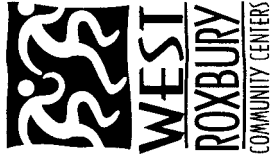
NOTES

WRCC Family Fest

**Saturday, October 2, 2010
at Roche Center**

11am - 2pm • Cost: \$25 per family

Don't miss out on this fun community event!!



1716 Centre Street
West Roxbury
MA 02132